

■ Self Esteem Issues: Inventory

Self Esteem Issues Inventory

Check which sentences seem to fit you.

- _____ I don't think that I am very good looking.
- _____ I don't think that I really have any talents or gifts.
- _____ Everyone else seems better off than me.
- _____ I'm not happy with the person I am. I wish I was different.
- _____ I'm not very smart.
- _____ I worry a lot about what other people think of me.
- _____ I get embarrassed easily.
- _____ When I try something, I can never seem to get it right.
- _____ There seems to be something wrong with me.
- _____ If people really got to know me, they wouldn't like me.



■ Self Esteem Issues: Goals

Goals For Self Esteem Issues

- I want to feel better about my appearance.
- I hope to have some friends who I feel close to.
- I want to care less about what others think of me.
- I want to realize the gifts and talents I have.
- I want to stop comparing myself with others.
- I want to be happy with who I am.
- I would like to think that I am smart.
- I want to feel like I've done something good and right.
- I want to value myself for who I am.
- I want more confidence.

■ Graduation Fears: First Aid

First Aid For Self Esteem Issues

1. Avoid comparing yourself to other people.
2. Try something even if it might be embarrassing and give yourself a reward for trying it.
3. Take a chance in letting someone spend time with you and get to know you.
4. Take some care and time with your appearance.
5. Discover some activities which you enjoy. Spend time doing them.
6. Do something nice for someone else.
7. Make a list of things that you would like to learn how to do. Begin making plans to do one of them.
8. Give yourself a gift, big or small.
9. Stop putting yourself down. Try and catch yourself doing it. Tell yourself something positive or good about yourself instead.
10. When you make a mistake, don't criticize yourself for it. Let it go. Tell yourself you have room to grow in that area and can do better next time.



■ Self Esteem Issues: Worksheet

Worksheet for Self Esteem Issues

Self Talk

For each statement below, write a sentence which argues it.

1. I am not good at anything. Argue: _____

2. I am not a good person inside. Argue: _____

3. There is nothing special about me. Argue: _____

4. People don't really like me. Argue: _____

5. Other people are better than me. Argue: _____

6. I'm not very smart. Argue: _____

7. I am just a failure. Argue: _____

8. I care more about what others think of me than I do myself. Argue: _____

9. Life is not fun for me. Argue: _____

10. I will never succeed at anything. Argue: _____
